

## WINTER 2019 HOLISTIC DOULA CERTIFICATE SCHEDULE

Thursday	Friday	Saturday	Sunday
Week 1			
January 3	January 4 – <i>коом</i>	January 5 – ROOM	January 6 – <i>Rooм</i>
	Doula Training & Ethics 3:30pm-6:30pm Michelle Maclean	Energetics of Doula work 9:00am-12:00pm Dr. Jeannie Achuff	Holistic Nutrition 9:00am-12:00pm <i>Dr. Carrie Watkins</i>
			Yogatherapy for Doulas 1:00pm-5:30pm Alyssa Klazek

Week 2			
January 10 – <i>ROOM</i>	January 11 – ROOM	January 12 <i>– коом</i>	January 13 – ROOM
Research & Presentations 3:00pm-7:00pm Laura Interlandi	Fundamentals of Anatomy & Physiology 3:30pm-6:30pm Dr. Carrie Watkins	Acupressure for Pregnancy & Childbirth 9:00am-5:00pm Celina Lyons	Intro to Family Support 9:00am-12:00pm Malcolm Clark
	Dr. carre waters	Cemia Lyons	<b>Tai Qi for Doulas</b> 1:00pm-5:30pm <i>Malcolm Clark</i>

Week 3			
January 17 – ROOM	January 18 — коом	January 19 <i>– коом</i>	January 20 – ROOM
Doula Training &	Fundamentals of	Intro to Midwifery	Intro to Midwifery &
Ethics	Anatomy &	& Primary Health	Primary Health
3:30pm-6:30pm	Physiology	Providers	Providers
Michelle Maclean	3:30pm-6:30pm	9:00am-5:00pm	9:00am-5:00pm
	Dr. Carrie Watkins	Lehe Spiegelman	Lehe Spiegelman

Week 4			
January 24 – ROOM	January 25 – ROOM	January 26 – <i>Rooм</i>	January 27 – ROOM
Doula Training &	Fundamentals of	Acupressure for	Intro to Herbal
Ethics	Anatomy &	Pregnancy &	Medicine
3:30pm-6:30pm	Physiology	Childbirth	9:00am-5:00pm
Michelle Maclean	3:30pm-6:30pm	9:00am-12:00pm	Amy Klazek
	Dr. Carrie Watkins	Celina Lyons	
		Doula Training &	
		Ethics	
		1:00pm-5:00pm	
		Michelle Maclean	

Thursday	Friday	Saturday	Sunday
Week 5			
January 31 – ROOM	February 1 – ROOM	February 2 – ROOM	February 3 – ROOM
Doula Training & Ethics	Fundamentals of Anatomy &	Homeopathy for Pregnancy, Birth &	Homeopathy for Pregnancy, Birth &
3:30pm-6:30pm <i>Michelle Maclean</i>	<b>Physiology</b> 3:30pm-6:30pm	Postpartum 9:00am-5:00pm	<b>Postpartum</b> 9:00am-5:00pm
	Dr. Carrie Watkins	Dr. Aditi Holden	Dr. Aditi Holden

Week 6			
February 7 – ROOM	February 8 – ROOM	February 9 – <i>Rooм</i>	February 10 – ROOM
No class	Fundamentals of	Tai Qi for Doulas	Doula Training &
	Anatomy &	9:00am-12:00pm	Ethics
	Physiology	Malcolm Clark	9:00am-5:00pm
	3:30pm-6:30pm		Michelle Maclean
	Dr. Carrie Watkins	Intro to Family	
		Support	
		1:00pm-5:30pm	
		Malcolm Clark	

Week 7			
February 14 – ROOM	February 15 – <i>Rooм</i>	February 16 – ROOM	February 17 – <b>ROOM</b>
Research &	Fundamentals of	No class	Reading Break
Presentations	Anatomy &		_
3:00pm-7:00pm	Physiology		
Laura Interlandi	3:30pm-6:30pm		
	Dr. Carrie Watkins		

Week 8			
February 21 – ROOM	February 22 – ROOM	February 23 – ROOM	February 24 – <i>Rooм</i>
Reading Break	Reading Break	Reading Break	Yogatherapy for
_	_		Doulas
			9:00am-5:30pm
			Alyssa Klazek

Week 9			
February 28 – ROOM	March 1 <i>– коом</i>	March 2 <i>– <b>коом</b></i>	March 3 <i>– <b>коом</b></i>
Fundamentals of	Fundamentals of	Intro to Midwifery	Intro to Herbal
Anatomy &	Anatomy &	& Primary Health	Medicine
Physiology	Physiology	Providers	9:00am-5:00pm
3:30pm-6:30pm	3:30pm-6:30pm	9:00am-5:00pm	Amy Klazek
Dr. Carrie Watkins	Dr. Carrie Watkins	<i>Lehe Spiegelman</i>	

Holistic Doula Certificate -Winter v.08.02.19



## WINTER 2019 HOLISTIC DOULA CERTIFICATE SCHEDULE

Friday

Thursday	Friday	Saturday	Sunday
Week 10			
March 7 – ROOM	March 8 – <b>ROOM</b>	March 9 <i>– коом</i>	March 10 <i>– коом</i>
Doula Training &	Fundamentals of	<b>Business Skills for</b>	<b>Holistic Nutrition</b>
Ethics	Anatomy &	Doulas	9:00am-12:00pm
3:30pm-6:30pm	Physiology	9:00am-5:30pm	Dr. Carrie Watkins
Michelle Maclean	3:30pm-6:30pm	Arwen Brenneman	
	Dr. Carrie Watkins		Intro to Family
			Support
			1:00pm-5:30pm
			Malcolm Clark

April 4 <i>– коом</i>	April 5 <i>– коом</i>	April 6 <i>– коом</i>	April 7 <i>– Room</i>
Doula Training &	Fundamentals of	Holistic Nutrition	Fundamentals of
Ethics	Anatomy &	9:00am-12:00pm	Anatomy &
3:30pm-6:30pm	Physiology	Dr. Carrie Watkins	Physiology
Michelle Maclean	3:30pm-6:30pm		9:00am-12:00pm
	Dr. Carrie Watkins	<b>Holistic Nutrition</b>	Dr. Carrie Watkins
		1:00pm-5:30pm	
		Dr. Carrie Watkins	<b>Holistic Nutrition</b>
			1:00pm-5:30pm
			Dr. Carrie Watkins

Saturday

Sunday

Week 11			
March 14 <i>– коом</i>	March 15 <i>– коом</i>	March 16 <i>– коом</i>	March 17 – <i>Rooм</i>
No class	Fundamentals of	Doula Training &	Holistic Nutrition
	Anatomy &	Ethics	9:00am-12:00pm
	Physiology	9:00am-5:00pm	Dr. Carrie Watkins
	3:30pm-6:30pm	Michelle Maclean	
	Dr. Carrie Watkins		Tai Qi for Doulas
			1:00pm-5:30pm
			Malcolm Clark

April 11 <i>– коом</i>	April 12 <i>– коом</i>	April 13 – <i>Rooм</i>	April 14 <i>– коом</i>
Doula Training &	Fundamentals of	Business Skills for	Research &
Ethics	Anatomy &	Doulas	Presentations
3:30pm-6:30pm	Physiology	9:00am-5:30pm	9:00am-5:00pm
Michelle Maclean	3:30pm-6:30pm	Arwen Brenneman	Laura Interlandi
	Dr. Carrie Watkins		

Week 12			
March 21 <i>– коом</i>	March 22 <i>– ROOM</i>	March 23 <i>– коом</i>	March 24 <i>– коом</i>
Fundamentals of	Doula Training &	Energetics of	Tai Qi for Doulas
Anatomy &	Ethics	Doula work	9:00am-12:00pm
Physiology	3:30pm-6:30pm	9:00am-12:00pm	Malcolm Clark
3:30pm-6:30pm	Michelle Maclean	Dr. Jeannie Achuff	
Dr. Carrie Watkins			Intro to Family
		Energetics of	Support
		Doula work	1:00pm-4:00pm
		1:00pm-5:30pm	Malcolm Clark
		Dr. Jeannie Achuff	

Week 16			
April 18 <i>– коом</i>	April 19 <i>– коом</i>	April 20 <i>– коом</i>	April 21 <i>– коом</i>
Doula Training &			
Ethics			
3:30pm-6:30pm			
Michelle Maclean			

Week 13			
March 28 – <i>ROOM</i>	March 29 <i>– коом</i>	March 30 <i>– коом</i>	March 31 <i>– коом</i>
Doula Training & Ethics 3:30pm-6:30pm Michelle Maclean	Fundamentals of Anatomy & Physiology 3:30pm-6:30pm Dr. Carrie Watkins	Yogatherapy for Doulas 9:00am-12:00pm Alyssa Klazek	Intro to Herbal Medicine 9:00am-5:00pm Amy Klazek
		Energetics of Doula work 1:00pm-5:30pm Dr. Jeannie Achuff	

Program Total	
Doula Training & Ethics	48 hours
Intro to Midwifery and Primary Health Providers	21 hours
Fundamentals of Anatomy and Physiology for Doulas	45 hours
Intro to "Family Support" for Doulas	15 hours
Intro to Herbal Medicine for Doulas	21 hours
Tai Qi for Doulas	15 hours
Holistic Nutrition for Pregnancy and Childbirth	21 hours
Acupressure for Pregnancy and Childbirth	10 hours
Yogatherapy for Doulas	15 hours
Energetics of Doula Work	15 hours
Homeopathy for Pregnancy, Birth and Postpartum	14 hours
Doulas Research and Presentations	15 hours
Business Skills for Doulas	15 hours
Total	270 HOURS

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Thursday